



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09005, Apples, raw, without skin, cooked, boiled**

**Report Date: July 01, 2017 12:26 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 171g
<b>Proximates</b>					
Water	g	85.47	6	0.311	146.15
Energy	kcal	53	--	--	91
Energy	kJ	222	--	--	380
Protein	g	0.26	6	0.015	0.44
Total lipid (fat)	g	0.36	6	0.052	0.62
Ash	g	0.28	6	0.012	0.48
Carbohydrate, by difference	g	13.64	--	--	23.32
Fiber, total dietary	g	2.4	--	--	4.1
Sugars, total	g	11.01	--	--	18.83
<b>Minerals</b>					
Calcium, Ca	mg	5	6	0.382	9
Iron, Fe	mg	0.19	6	0.029	0.32
Magnesium, Mg	mg	3	6	0.267	5
Phosphorus, P	mg	8	6	0.406	14
Potassium, K	mg	88	6	5.548	150
Sodium, Na	mg	1	6	0.135	2
Zinc, Zn	mg	0.04	6	0.006	0.07
Copper, Cu	mg	0.035	6	0.003	0.060
Manganese, Mn	mg	0.118	6	0.015	0.202
Selenium, Se	µg	0.3	--	--	0.5
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.2	6	0.115	0.3

Nutrient	Unit	1			1 cup slices	
		Value Per 100	Data points	Std. Error	171g	
Thiamin	mg	0.016	6	0.000	0.027	
Riboflavin	mg	0.012	6	0.000	0.021	
Niacin	mg	0.095	6	0.029	0.162	
Pantothenic acid	mg	0.046	6	0.004	0.079	
Vitamin B-6	mg	0.044	6	0.003	0.075	
Folate, total	µg	1	6	0.033	2	
Folic acid	µg	0	--	--	0	
Folate, food	µg	1	6	0.033	2	
Folate, DFE	µg	1	--	--	2	
Choline, total	mg	3.4	--	--	5.8	
Vitamin B-12	µg	0.00	--	--	0.00	
Vitamin B-12, added	µg	0.00	--	--	0.00	
Vitamin A, RAE	µg	2	6	0.484	3	
Retinol	µg	0	--	--	0	
Carotene, beta	µg	19	--	--	32	
Carotene, alpha	µg	0	--	--	0	
Cryptoxanthin, beta	µg	14	--	--	24	
Vitamin A, IU	IU	44	6	9.674	75	
Lycopene	µg	0	--	--	0	
Lutein + zeaxanthin	µg	19	--	--	32	
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.09	
Vitamin E, added	mg	0.00	--	--	0.00	
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	
Vitamin D	IU	0	--	--	0	
Vitamin K (phylloquinone)	µg	0.6	--	--	1.0	
<b>Lipids</b>						
Fatty acids, total saturated	g	0.058	--	--	0.099	
4:0	g	0.000	--	--	0.000	
6:0	g	0.000	--	--	0.000	
8:0	g	0.000	--	--	0.000	
10:0	g	0.000	--	--	0.000	
12:0	g	0.001	--	--	0.002	
14:0	g	0.002	--	--	0.003	

Nutrient	Unit	1			1 cup slices	
		Value Per100	Data points	Std. Error	171g	
	g					
16:0	g	0.048	--	--	0.082	
18:0	g	0.007	--	--	0.012	
Fatty acids, total monounsaturated	g	0.014	--	--	0.024	
16:1 undifferentiated	g	0.001	--	--	0.002	
18:1 undifferentiated	g	0.014	--	--	0.024	
20:1	g	0.000	--	--	0.000	
22:1 undifferentiated	g	0.000	--	--	0.000	
Fatty acids, total polyunsaturated	g	0.104	--	--	0.178	
18:2 undifferentiated	g	0.086	--	--	0.147	
18:3 undifferentiated	g	0.018	--	--	0.031	
18:4	g	0.000	--	--	0.000	
20:4 undifferentiated	g	0.000	--	--	0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000	
Fatty acids, total trans	g	0.000	--	--	0.000	
Cholesterol	mg	0	--	--	0	

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

#### Flavonoids

##### Isoflavones

Daidzein <sup>1</sup>	mg	0.00	1	--	0.00
Genistein <sup>1</sup>	mg	0.00	1	--	0.00
Total isoflavones <sup>1</sup>	mg	0.00	1	--	0.00

<sup>1</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331